PLANT FACT SHEET

Mitchella repens Linn.

GENUS *Mitchella* **FAMILY** Rubiaceae

COMMON NAMES Creeping Box, Partridge Berry, Squaw-vine, Twin berry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Seeds

The ripe fruit can be eaten raw. They are also used for desserts and jams. They can be dried for future us.
The leaves can be used for tea.
Caution: The leaves should not be used during early pregnancy as they can cause contraction of the uterus.

DESCRIPTION

A trailing mat forming, evergreen herb. It grows 8 cm high and spreads 60 cm wide. It lies along the ground and forms roots along the stem. The leaves are small and round with white veins. They have a heart shaped base and pointed tip and are 1-2 cm long. The flowers are small and pink or white. The fruit are bright red berries. They are 6 mm across. They are edible. The seeds are edible.

HABITAT

It is a temperate plant. It does best in rich soil. It is best with neutral or acid soil. They are native to acid pine forests in North America. It fruit better in full sun but can grow in light shade. It is not very tolerant of seaside conditions. It is very cold hardy tolerating temperatures to -20°C. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from rooted sections of the stem or from seed. Fresh seed need to have the pulp removed. Stored seed need 3 months of cold before planting. Plants should be spaced 30 cm apart. Layering or cuttings can be used.

NOTES

There are 2 Mitchella species. They grow in temperate places.

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